



The Art of Aging

By Michelle Solomon

If Dr. Edward Lichten passed out a bumper sticker in his Birmingham office, it would probably say “You’re as young as your body feels.” He has a theory about aging. He believes that although there isn’t a way to chronologically reverse getting older, your body can be younger just by replacing the natural vitamins, minerals and hormones you lose as you age.

His theory is taking hold with many patients, but it’s nothing new and neither are his treatments. The doctor believes that just going back in history can show that the same equations apply. He references sailors on ships more than 300 years ago. “The sailors would get scurvy because of a lack of vitamin C,” said Lichten.

James Lind, a physician who wrote about scurvy in the 1700’s, describes a therapeutic experiment on sailors with scurvy, which provides clear evidence of the curative value of oranges and lemons, which contain natural vitamins.

In modern medicine, doctors frequently write prescriptions, but Lichten believes what is necessary is to replace the body with vitamins, minerals, hormones, proteins and fats.

“Everyone is quick to write a prescription, but if you look under the surface, you can find a logical cause,” said Lichten. What prescriptions do is cure the symptoms, but cover up the cause, and according to Lichten,

most fatigue and other illnesses are simply a state of hormonal deficiency. We feel tired in old age because of the lack of previously bountiful hormones of youth. “You had great energy when you were young and you had good nutrition and you had great levels of hormones,” said Lichten.

He believes it to be logical that if you want to have the same energy you had then, it would make sense to “optimize your nutrition and hormones.” Although Lichten’s beliefs are based in logic, the results aren’t based on sheer notion, but in testing.

“I measure blood levels of critical nutrients,” said Lichten. “For major diseases, like diabetes, I start with natural hormones uniquely set to balance each man and woman’s needs,” he said.

Philosophically doctors have been inundated with the psychology of better living through chemistry, according to Lichten. But it’s not that you are deficient in a chemical, but lacking the natural things that are usually present in your body, the doctor maintains.

“If you had the choice between a prescription, which is synthetic, and a natural product, which do you think is better?” he queries.

The doctor found himself faced with that question when he was suffering from night sweats and mood swings.

“When I went through my own menopause,

doctors told me I was a lunatic. I experienced the ‘hot flashes’ at 48 years of age and would wake with my night shirt soaking wet. No one suggested to me to measure my hormones,” said Lichten.

Male menopause is called viropause and many times men experience not only decreased interest in sex, but also fatigue, inability to exercise, falling asleep after dinner, and a lack of interest in all the things that make life worthwhile.

As a board certified gynecologist, Dr. Lichten has treated tens of thousands of women complaining of inability to sleep, brain fog, fatigue, weight gain and night sweats. Dr. Lichten knew how effective natural hormones would be, because natural hormones treated the cause (menopause) not the variety of symptoms.

Because of his experience with testosterone replacement, his women patients brought their husbands in for diagnosis and treatment. Both partners were so elated. Dr. Lichten was truly Michigan’s first “guy-gynecologist.”

For men who are discovered to have low levels of testosterone through testing, Lichten will administer hormonal replacement. In addition to the replacement, he suggests a program of specific herbs, which may reduce the risk of prostate cancer.

He says he has found success with natural treatments in patients who suffered from migraines, fibromyalgia, menstrual pain, diabetes, depression, thyroid disease, and colitis, to name a few. He is currently working on a natural anti-asthma treatment. Lichten believes it’s all in keeping a natural balance.

While natural therapy is Lichten’s first choice, he does say that if it doesn’t work in a patient, then prescription therapy may be the answer. Anything that makes a patient feel better means success for the doctor. His best advice? Find a way to maximize the good years.

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